



Review Article

A REVIEW OF PARPATI KALPANA W.S.R. TO RASA PARPATI

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ABSTRACT

Parpati Kalpana is one of the four major pharmaceutical preparations having *Parad* used in *Rasa Shastra*. It is one of the 25 *Rasa Bandhas* which helps to remove the *Chanchalatva* and *Durgrahatva* of *Parad* because by having these two properties, *Parad* cannot be used internally. *Parad* and *Gandhak* are the essential constituents to make *Parpati* as the *Bandha* word derived to bind the *Parad* particle with *Gandhak*. *Parpati* is a unique mercurial preparation involving different processes like *Murchana*, *Sagandha/ Nirgandha* (presence and absence of sulphur), *Sagni* (process with heat) *Pota Bandha* of *Parad*. The difference of heat provided also differ its therapeutic properties. A detailed literature review regarding *Rasa Parpati* is collected here. This paper aims the general concept of *Parpati* with method of preparation of *Rasa Parpati* and its detailed study. This paper also aiming at new therapeutic values of different *Parpati* as mentioned in different references. *Parpati* is mainly used to treat *Grahani* because of its unique property to dissociate at the intestinal level but during the course of time different Acharyas came with different *Parpati* having differences in ingredients but having same method of preparation. Thus all *Parpati* generally have same method of preparation but the differences in ingredients make *Parpati* having wide range of therapeutics. These wide ranges of *Parpati* with their therapeutic values are described in this paper.

KEYWORDS: *Parpati, Rasa parpati, Bandha, Pota Bandha, Kajjali, Rasa Aushadha.*

INTRODUCTION

Rasashastra is a science which deals with the pharmaco-therapeutics utilization of minerals, metals and the most powerful substance '*Parad*'. As *Parad* remains in liquid form so it is difficult to handle and moreover it is highly toxic alone. For eliminating its toxic effects, it is subjected to so many processes like *Murchana*, *Sagandha/ Nirgandha* etc., changing its liquid state to solid, powder or bolus form is called *Rasa Bandha*. *Parpati* is *Agnisthayi Murchhita Parad Bandha*; *Pota Bandha*^[1] where *Kajjali* is base material after exposure to heat becomes light in nature hence named *Parpati*. Because of this *Laghutva* property it can be used in all disorders from paediatric to geriatric.^[2] *Parpati* is indicated when a low dose of *Bhasma* is to be administered and that should be dissociated directly into the intestine. *Parpati* is very mild preparation amongst other *Agni Sanskarit* preparations like *Kupipakva Rasayana*.

Etymology

Parpata being masculine and by adding 'ee' as suffix, it becomes feminine i.e., *Parpati*. The Sanskrit word *Parpata* denotes a thin crisp wafer.^[3] *Parpati* is a preparation which is thin, brittle and has a shape of thin crisp wafer. *Kajjali* is transformed into crisp wafer preparation by heating. Though in practice, it

is used in powdered form. *Rasatarangini* also mentioned *Parpati* as *Parpatika*^[4] which means the same but *Bharat Bhaisajya Ratnakar* explained *Parpatika* as the fragments left in vessel during preparation of *Parpati*. So this is known with various names; *Parpata, Parpati, Parpatika*.

Nomenclature of different *Parpati Kalpanas*^[5]

1. *Parpati* prepared with *Parad* and *Gandhak* only is called *Rasa Parpati*.
2. If *Parad*, *Gandhak* mixed with any other *Dhatu/Lauh*, hence named on the basis of *Dhatu* e.g. *Lauh Parpati*.
3. If *Parad- Gandhak* are mixed with any *Kashtha Aushadhis* like *Bola* so named accordingly- *Bola Parpati*.
4. Depending upon ingredients no. e.g. *Panchamrit Parapati*.
5. Depending upon the efficacy- *Kushthanta Parpati* indicated in skin disorder.
6. Depending upon the color – *Shweta Parpati*
7. Depending upon the person who prepared it e.g. *Bhairavnatha Parpati*.^[6]

There are some examples of *Parpatis* which are devoid of mercury and sulphur. *Malla Parpati* and

Kshara parpati are two examples which do not contain mercury and sulphur at all. *Shital Parpati*^[7] does not contain mercury. The *Parpati* preparation wherein sulphur is not used other substances like *Rala* namely *Malla Parpati* which liquefy by heating and get solidified after cooling, are used. *Bhallataka Parpati*^[8] and *Shweta Parpati* are two examples which are devoid of sulphur.

History

Rasendra Mangal in 8th century by *Acharya Nagarjun* has mentioned use of *Parpati* in *Kushtha*

Roga. Later in 11th century *Acharya Chakrapani Dutt* in *Chakradutt* mentioned its use in *Grahani Roga*. In 12th century *Acharya Dunduknath* has mentioned *Kramagni*^[9] (increasing heat). *Bhaishajya Ratnavali* in 18th century has explained many *Parpaties* and *Rasa Parpati* made by *Shrivatsanka Viniirmit*^[10] is considered to be best. Later on with development different *Acharyas* added different *Dravyas* with *Parad* and *Gandhak* to enhance its therapeutic actions. Table is showing different *Parpati*.

Reference	Parpati Name	Ingredients	Uses
<i>Raschandashu</i>	1. <i>Panchamrit Parpati</i> ^[11]	<i>Parad, Gandhak, Lauh Bhasma, Tamra Bhasma, Abhrak Bhasma</i>	<i>Grahani, Aruchi, Arsha, Chhardi, Atisara, Raktapitta</i>
<i>Rasa Ratna Samuchaya</i>	2. <i>Kushthanta Parpati</i> ^[12]	<i>Parad, Gandhak, Tamra Bhasma, Shudh Vatsnabh</i>	<i>Gaja Charma Kushtha</i>
	3. <i>Mani Parpati</i> ^[13]	<i>Parad, Gandhak, Vajra, Panna, Pukhraj, Neelam, Hingul,</i>	<i>Nasa Roga</i>
	4. <i>Sarveshwar Parpati</i> ^[14]	<i>Ashta Maharasa, Uparasa, Ashta Dhatu, Sarva Ratna, Parad, Gandhak, Vatsnabh</i>	<i>Vidhradhi, Vardhma Roga, Kshaya, Pandu, Gulma, Soma Roga, Pradar Roga</i>
	5. <i>Bhairavnati Panchamrit Parpati</i> ^[15]	<i>Swarna, Rajat, Tamra, Abhrak, Kant Lauh, Naag, Vanga, Gandhak, Makshik, Manahshila, Hartaal, Parad, Neelanajan</i>	<i>Shwasa, Kasa, Visuchika, Prameh, Udara Roga</i>
<i>Yogaratanaka</i>	6. <i>Pranda Parpati</i> ^[16]	<i>Parad, Abhrak, Lauh Bhasma, Naag Bhasma, Vanga Bhasma, Maricha Churna, Shudh Visha</i>	<i>Pandu, Atisara, Grahani, Yakshma, Prameh</i>
	7. <i>Bola Parpati</i> ^[17]	<i>Parad, Gandhak, Bola</i>	<i>Raktapitta, Guda-Rakta Srav, Yoni Srav</i>
	8. <i>Suwarna Parpati</i> ^[18]	<i>Suwarna Patra, Parad, Gandhak,</i>	<i>Yakshma, Grahani, Atisara, Shosha</i>
<i>Sidhh Bhaishaj Manimala</i>	9. <i>Malla Parpati</i> ^[19]	<i>Rala, Somal</i>	<i>Kapha, Vata Jwara, Matibhrama, Vaman</i>
<i>Bhaishajya Ratnavali</i>	10. <i>Vijaya Parpati</i> ^[20]	<i>Parad, Gandhak, Rajat Bhasma, Suwarna Bhasma, Vaikrant Bhasma, Mukta Pishti</i>	<i>Sangrahani, Manda Agni, Amaj Shool, Atisara, Pandu</i>
	11. <i>Lauh Parpati</i> ^[21]	<i>Parad, Gandhak, Lauh Bhasma</i>	<i>Grahani, Pandu, Amadosha</i>
<i>Siddha Yoga Sangrah</i>	12. <i>Gagan Parpati</i> ^[22]	<i>Parad, Gandhak, Abhrak Bhasma</i>	<i>Pandu, Kshaya, Kasa, Shwasa, Grahani</i>
	13. <i>Mandur Parpati</i> ^[23]	<i>Parad, Gandhak, Mandur Bhasma</i>	<i>Mandagni, Grahani</i>
	14. <i>Kshara Parpati</i> ^[24]	<i>Kalmishora, Sphatika, Navsadar</i>	<i>Mutrakrichha, Mutraghat, Ashmari</i>
<i>Rasa Yoga Sagar</i>	15. <i>Tamra Parpati</i> ^[25]	<i>Parad, Gandhak, Tamra Bhasma</i>	<i>Vata-Kapha Jwara, Vata Rakta, Ajeerna, Kushtha Roga</i>
	16. <i>Shital Parpati</i> ^[26]	<i>Kalmishora, Gandhak</i>	<i>Mutrakrichha</i>
<i>Rasa Yoga Ratnakaramu</i>	17. <i>Rasabhuppati Parpati</i> ^[27]	<i>Parad, Gandhak, Hingul, Rasa Sindoor, Hartaal, Manahshila</i>	<i>Jwara, Pandu</i>

Materials and methods used in Parpati preparation

1. **Specific Raw Material:** *Parad*, *Gandhak* with any *Dhatu* or *Kashtha Aushadhi* as per need.
2. **Lauh Darvi:** *Kajjali* is first liquefied in a *Lauh Darvi*^[28] to make *Parpati*. In some texts *Tamra Darvi*^[29] is also mentioned.
3. **Agni:** It plays a very important role in making *Parpati*. Low heat is required to liquefy *Kajjali*. *Paka* is done till *Kajjali* attains muddy appearance (*Pankasamam*) as mentioned in *Rasatrangini*.
4. **Ghrita:** Iron pan is smeared with *Go-Ghrita*^[30] to prevent any adherence of *Kajjali* with the pan. It also adds *Saumya Guna* to *Parpati*.
5. **Gomaya:** It is used as a cushion for spreading *Kajjali* and to fasten the cooling of hot molten material to make thin flakes. It is rich in biliary products^[31] which get absorbed in the making of *Parpati* and hence *Parpati* is used in *Pittaja Vyadhis*. *Mahishi Malla*^[32] is also used in making *Rasa Parpati*.
6. **Patra:** *Kadali Patra*, *Eranda Patra* or *Arka Patra*^[33] are usually used as the sandwich over cow dung. *Kadali Patra* gives the *Kashaya*^[34] property hence enhance the potency of *Parpati*.

Methods of preparation

Firstly *Kajjali* is prepared by triturating *Shudh Parad* and *Shudh Gandhak* till it becomes black fine powder and all *Kajjali Pareeksha* are achieved. Then as per the requirement of formulation of the *Parpati* to be prepared, all ingredients are mixed together and triturated. Then the mixture is then transferred into an iron vessel which is coated with a thin layer of *Ghee* from inside and the vessel is then heated. The *Ghee* melts and gets spread the vessel. Then the mixture containing *Kajjali* is poured in the vessel and heated slowly. When the drug substance melts, it is poured on a banana leaf which is coated already with a thin layer of *Ghee* placed over cow dung. Another similarly coated leaf is kept on the spread substance and the pressure is applied in one direction once unilaterally. On cooling on its own, the upper banana leaf is removed and the thin crisp wafer i.e., *Parpati* is collected. It is finally washed with hot water to remove excess *Ghee*, dried and powdered and kept in a bottle.^[35]

While giving a slow heat, a wooden or *Lauh Shalaka*^[36] is used. *Badri Kashtha*^[37] or *Khadir Kashtha*^[38] is preferred as fuel. The amount of heat given determines the consistency of the final product and accordingly three types are formed viz., *Mridu Paka*, *Madhyama Paka* and *Khara Paka*.^[39]

1. **Mridu Paka:** The final end product after heating is obtained from the drug substances containing

Kajjali by giving mild heat. The black color of the drug changes to turquoise (*Mayur Chandrika Varna*)^[40] during heating. The *Parpati* formed is brittle and breaks without crackling sound. The chemical bondage between mercury and sulphur is not permanent. Still *Mridu Paka Parpati* is used for medicinal purpose.

2. **Madhyama Paka:** the final end product is obtained by heating moderately. The melted *Kajjali* attains *Tail*^[41] consistency the *Parpati* formed is crisp and breaks with a crackling sound. The edges of broken parts are silvery-whitish^[42] in color. But the *Parpati* is generally black. The ingredients acquire a good bondage in the type and hence rich in medicinal property.
3. **Khara Paka:** severe heat is the reason of this type of *Parpati* due to which *Parpati* becomes dry, coarse and reddish in color^[43]. It becomes heavy to digest and is not recommended therapeutically except *Rudra Parpati*^[44] which is recommended in *Khara Paka*.

Types of Parpati Prayoga

There are two types- *Samanya Prayoga* and *Kalpa Prayog*

1. **Samanya Prayoga-** *Parpati* is use in 1 to 2 *Ratti* dosage twice or thrice a day. There is no rule to be followed during its administration.
2. **Kalpa Prayoga-** in this, *Parpati* is started from dose 2 *Ratti* and increased to 12 *Ratti* by during by daily increment of 1 *Ratti* thereafter followed the same rule and decreased to 1 *Ratti* by daily reducing 1 *Ratti Matra* as mentioned in *Chakradutt*.

Usually *Kalpa Prayoga* is done for 40 days but depending upon the severity of disease. Different *Kalpa* are used like 36 days, 40 days, 60 days and 96 days. One cycle is called *Chakra* or *Mandal*. *Pathyas* and *Apathayas* are to be strictly followed during *Kalpa Prayoga*.

Pathyas- Apathyas followed during *Parpati* intake in *Kalpa Prayoga*:

1. **Pathyas:** *Kakamachi*, *Pugaphal*, *Patola*, *Adrak*, *Kadali Pushpa*, *Shalidhanya*, *Godugdha* with *Sharkara*.
2. **Apathyas:** *Amla Sevana*, *Shital Jala Sevana*, *Shital Vayu Sevana*, *Krodhha*, *Chinta*, *Ushna Dravya*, *Tikta Dravya*, *Stree Sevana*.

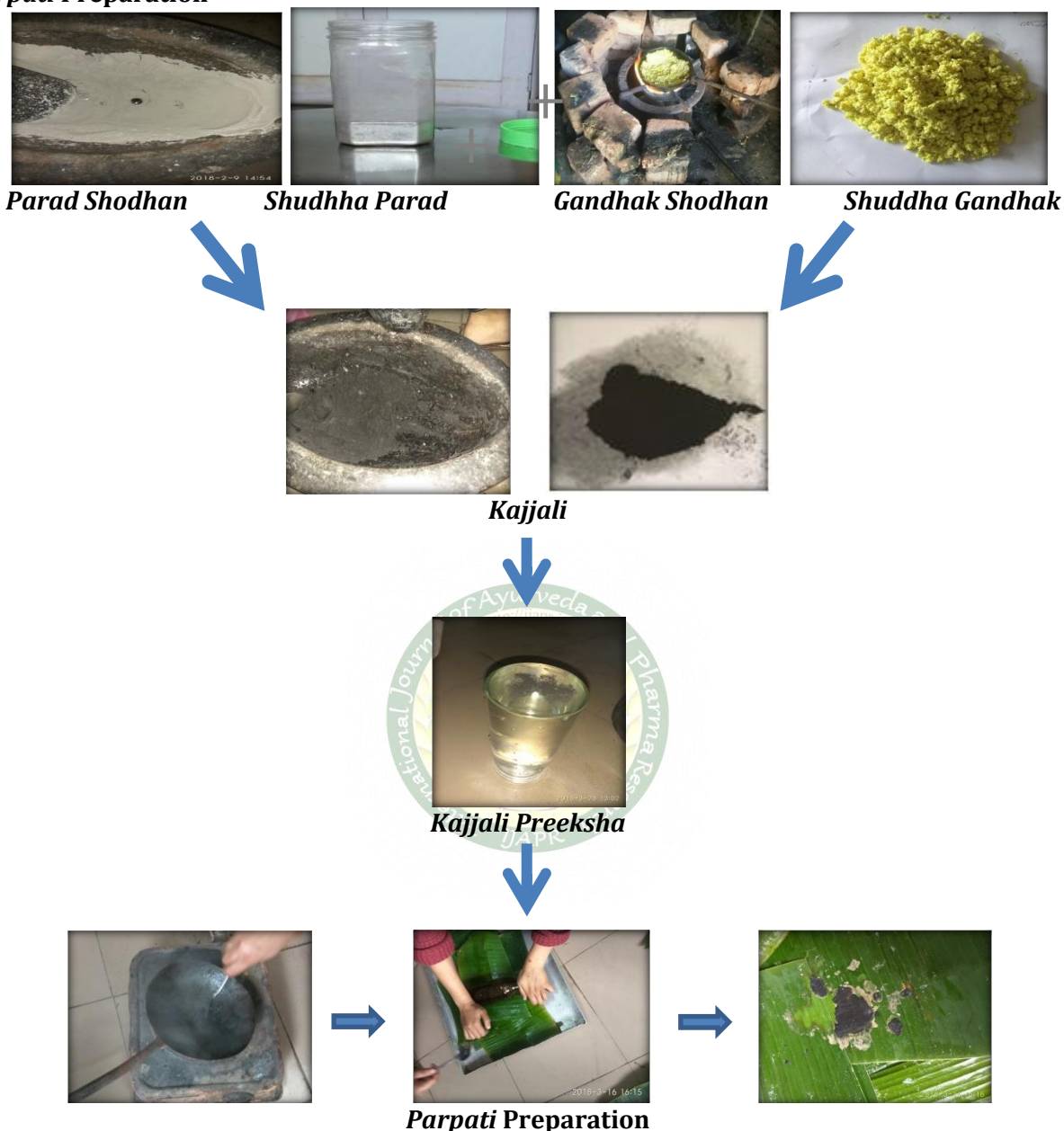
Betel nut should be chewed after *Parpati* intake on 1st day. On 3rd day patient is allowed to take meat, *Ghee* and milk.^[45]

Rasa Parpati

Ingredients: *Parad*- 1 part, *Gandhak*- 1 part

Method of preparation: The *Kajjali* is prepared with *Shudh Parad* and *Shudh Gandhak* is heated till molten, spread on the banana leaf and compressed to form a crisp, thin wafer is known as ***Rasa Parpati Preparation***

Rasa Parpati. The *Parpati* prepared with *Shudh Parad* and *Shudh Gandhak* is recommended to be taken along with honey^[46] as a vehicle (*Anupana*).



Organoleptic characters of *Rasa Parpati* (*Madhyam Paka*)

S.No.	Property	Sample
1	Color	Shiny black
2	Shape	Flakes
3	Taste	Tasteless
4	Test of completion	Crackling sound on breaking
5	Touch	Smooth
6	Odour	Odourless

***Rasa Parpati* uses:** Though it is mainly used to treat *Grahani*, it also works well in many diseases when used with different vehicles as in given table^[47]

Diseases	Media of intake (<i>Anupana</i>)
<i>Unmade</i>	<i>Rasna Mool</i> with <i>Ghrta</i>
<i>Apasmara</i>	<i>Brahmi</i> juice
<i>Sangrahani</i>	<i>Hing</i> with <i>Jeerak</i>
<i>Udarashula</i>	Castor oil
<i>Vata-jwara</i>	<i>Dashmool Kwath</i>
<i>Kaphaja-jwara</i>	<i>Trikatu</i> powder

According to *Bhaishajya Ratnavali*, with suitable *Anupanas* to the particular diseases, *Rasa Parpati* can be used to treat *Arsha*, *Amadoshaj Sanhragani*, *Shula*, *Atisara*, *Kamla*, *Pandu Roga*, *Pleehavridhhi*, *Gulma*, *Jalodara*, *Bhasmak Roga*, *Amavaat*, 17 types *Kushtha* and all types of *Shotha*.

Dose: 2 *Ratti* - 10 *Ratti* (in increasing order by increasing 1 *Ratti* daily upto 10 then decreasing to 1 *Ratti*) for 21 days.^[48]

Anupana: *Bhrishta Jeerak*, *Hing* and *Madhu*.

CONCLUSION

Parpati preparations possess the hot potency and thus stimulate appetite and improve digestion. Because of these properties it stokes the *Agni* and mitigates *Ama*, the toxic metabolites in the gastro-intestinal tract and hence used in diseases caused by *Ama* in the gut like anorexia, colitis, gout, piles, diarrhea, dysentery etc.

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Cite this article as:

Shefali, Nisha, Sudarshan K Thakur. A Review of Parpati Kalpana w.s.r. to Rasa Parpati. International Journal of Ayurveda and Pharma Research. 2018;6(9):57-62.

Source of support: Nil, Conflict of interest: None Declared

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